

FREEKEH, FETA w BASIL FRITTERS

PUMPKIN, PEELED 200g CHOPPED INTO
1 cm. CUBES

TRUSS CHERRY TOMATOES 250g

OLIVE OIL 2 TBS

FREEKEH $1\frac{1}{2}$ CUPS COOKED

EGGS 2 LIGHTLY BEATEN

FETA 100g CRUMBLED

PLAIN FLOUR $\frac{1}{4}$ CUP (SEE TIP)

BASIL CHOPPED $\frac{1}{4}$ CUP PLUS EXTRA LEAVES
TO SERVE.

SEMI DRIED TOMATOES CHOPPED $\frac{1}{4}$ CUP

1 CLOVE GARLIC CRUSHED.

METHOD:-

PREHEAT OVEN TO HOT, 200°. TOSS PUMPKIN AND TOMATOES IN HALF OIL, SEASON TO TASTE. SPREAD PUMPKIN OVER A BAKING TRAY. BAKE 10 MINS. ADD TOMATOES, BAKE A FURTHER 10 MINS UNTIL PUMPKIN IS TENDER. COOL. IN A LARGE BOWL, COMBINE ALL INGREDIENTS EXCEPT ROASTED TOMATOES, MIX WELL AND SEASON TO TASTE. SHAPE $\frac{1}{4}$ CUPS OF MIXTURE INTO PATTIES, PRESSING FIRMLY TO BIND TOGETHER. IN LARGE FRY PAN HEAT REMAINING OIL ON MEDIUM, WORKING IN 2 BATCHES, COOK 3-4 MINS EACH SIDE, UNTIL GOLDEN. DRAIN ON PAPER TOWEL. SERVE WARM OR COLD WITH ROASTED TOMATOES AND BASIL LEAVES.

TIP

FOR GLUTEN FREE - REPLACE PLAIN FLOUR WITH RICE FLOUR.
WOMAN'S DAY